

## **iPause 2.0 for iPhone - First Meditation Labyrinth App**

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Notebook Press today released iPause 2.0 for iPhone and iPod Touch users. iPause is the first and only meditation labyrinth app in the iTunes store. Tracing the only path leading from the beginning to the end of the labyrinth gives users the opportunity to draw their minds away from daily chaos. Background music is optional, preferred by some to further help in reaching a state of relaxed calm. This app provides a choice of six different, beautiful labyrinth designs for their meditation.

Waretown, NJ - Announcing that Notebook Press, the developers of iPause, has released the first and only labyrinth app available in the iTunes store. Tracing the only path leading from the beginning to the end of the labyrinth gives users the opportunity to draw their minds away from daily chaos. Background music is optional, preferred by some to further help in reaching a state of relaxed calm.

A labyrinth is different from a maze or a puzzle. There is only one path that leads from the entrance to the center. Users follow this pathway, which has been designed to help people exchange the cares of the world for some quiet reflection.

The idea of using a labyrinth for meditation is not a new idea. The famous cathedral at Chartres has a labyrinth set in its stone floor, while Grace Cathedral in San Francisco has two labyrinths. People wanting to engage in peaceful meditation or prayer walk the path that runs from the start to the end point in the center. As they do, their mind shifts focus and they are able to relax.

iPause is the pocket version of the famous floor labyrinths. It can be used in silence, with the included sounds reminiscent of the Indonesian gamelan, or users can select some soothing background music from their own iPod library.

This app provides a choice of six different, beautiful labyrinth designs for their meditation. In all of them, a green glass marble traces a user's path. This ball can move on its own while the mind focuses on following it, or for a more interactive approach can be slid along with one finger.

iPause is the perfect portable meditation, reflection or prayer tool for anyone who could use a few minutes away from the hustle and bustle of daily living.

### **About iPause**

iPause is the first and only labyrinth app that is also a tool for meditation and prayer. An iPhone or iPod Touch user needs only to follow the one path that leads from the entrance to the center. Following this path in silence or with music allows many people to step away from the hustle and bustle of daily life and enjoy a few minutes of calm reflection.

### **Device Requirements:**

\* iPhone or iPod Touch 3.1 or later

### **Pricing and Availability:**

iPause 2.0 is only \$0.99 (USD) and available worldwide exclusively through the App Store in the Lifestyle category. Promo codes are available for qualified reviewers. Please specify the website or blog you represent when making your request.

### **iPause 2.0:**

[http://www.notebookpress.com/info\\_ipause.html](http://www.notebookpress.com/info_ipause.html)

prMac: Publish Once, Broadcast the World :: <http://prmac.com>

Purchase and Download:

<http://itunes.apple.com/us/app/ipause/id309635237?mt=8>

Demonstration Video:

<http://www.youtube.com/watch?v=mGwVPzGNnK0>

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